

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

1

This month set an intention to journey in the direction of flourishing in your life.

2

Reflect on your motivation to journey towards flourishing. How will you benefit and how will your flourishing benefit those around you?

3

Take five minutes today to walk into some green space and listen to the birds or imagine doing this.

4

Is it possible to give generously today? A gift, a donation or some time? How does it feel to be generous?

5

As you journey through your day today is it possible to keep your heart open?

6

Reflect on some of the obstacles to your flourishing? Can you let them go or reframe your attitude to them?

7

Begin a practice of standing mindfully on one leg, for at least 30 seconds for each leg every day.

8

Make a plan to journey to a river, a lake or the seaside as soon as you can or imagine you are there. Have a paddle in the water if you like.

9

Begin a practice of smiling at yourself whenever you journey past your face in a mirror. Allow the smile to reach your eyes.

10

Journey to join one of our free online sits today at 10.30am and 7pm. Details are on our homepage.

11

Reflect on a life value you would like to prioritise. Maybe kindness or honesty, self-care or connecting with others. Set an intention to journey towards this life value.

12

Take a mindful walk today. Feel the changing pressure between your feet and the earth, step by step.

13

Can you include a nurturing activity in your day today? An activity that lifts your mood and makes you feel happy.

14

Can you connect with a friend today? In person, on the phone or via text? Maybe someone you haven't spoken to in a while?

15

Take five minutes today to walk into some green space today to look at the grass, flowers or trees or imagine doing this.

16

Is there an activity in your day that depletes you or lowers your mood? Can you do less of it or change your attitude towards this activity?

17

Is it possible to do a random act of kindness today? Or several? How does this make you feel?

18

Take three deep breaths and follow the journey of each breath through the body.

19

When you next have a drink today spend some time appreciating where the ingredients in the drink have journeyed from.

20

Reflect on whether there is anything you would like to learn to help you to flourish in your life.

21

Make some mindful movements and follow the journey of your body as it moves.

22

Listen to some music today that helps you journey back to a happy memory. How does this feel now?

23

Can you add some healthy exercise into your daily routine? A walk, run, cycle or swim?

24

Eat an extra portion of fresh fruit or veg today on your journey to physical flourishing.

25

Why not read an inspiring book about someone's life journey? How about Lama Yeshe Rinpoche's book 'From a Mountain in Tibet: A Monk's Journey'?

26

Is there a hobby that you used to love? Can you re-visit it as a way of journeying towards flourishing?

27

When you next eat today take some time to contemplate where your food has journeyed from.

28

Where are you journeying today? Can you move there mindfully? Even if it is a journey within your own home?

29

Take five minutes today to watch the sky, appreciating the space.

30

Reflect back on your journey through June. What has supported your flourishing? Can you do more in July?

### Benefits of Membership

We have a special Introductory offer  
~ £10 for 6 months or  
Join our Teacher Membership  
for free CPD Sessions

Follow us on facebook, LinkedIn, Instagram & twitter

